

TenShin Budo Kai Dojo

Classes, Place and Times

New Life Community Cultural Center
9702 East "B" Street (Corner of 96th & Easy B)
Tacoma, wa 98444
Telephone: 253.473.8605

Class time are Monday and Thursday evenings:
Beginners - 6:30 PM to 7:50 PM / Intermediate/Advanced – 8:00 PM to 9:00 PM
Private lessons by appointment only

You can also go to www.washingtonaiki.org

Introduction



Welcome to Aikido, the art of peace. Aikido is one of the fastest growing martial arts in the world today! However the western mind has many misconceptions about Aikido. To most, it is purely a defensive combination of martial art and religion. The average practitioner in America today has been led to believe and think that aikido is a ***Non-aggressive system without strikes or punches, and not at all suited for self-defense. Nothing could be further from the TRUTH!*** With a lot of hard work, along with an open and creative mind you will be able to adapt your Aikido techniques for self-defense on the street.

Your Aikido training has incorporated within it a multitude of principals. Such as "KI" energy, getting off line, proper speed and timing, entering, Maai (combat distance and position), just to name a small few. It is said that there are approximately 5,000 basic technique variations that you should become very proficient with.

Aikido is essentially, an art where as the opponent's force is used against him/her. The entire concept of all martial arts is training to overcome an attack from a larger opponent. In spite of what most styles or dojos teach, ***"if he does this you do that"*** and in spite of what most ***"classroom warriors/instructors"*** preach, the vast majority of unarmed attacks on the street begin with the attacker attempting to rush, grab, or enter in with a flurry of unpredictable kicks and/or punches.



Most American Aikido Sensei's tell you that they don't believe that Aikido will work on the street in a combat situation. What these ***"classroom warriors"*** seem to forget that even though O'Sensei developed a reputation for being a kind and gentle man, he also was very well respected as an awesome and devastating fighter. O'Sensei could easily defeat multiple attackers with little or no effort. You should also note that even the great **Jigoro Kano, the founder of modern Judo**, was so impressed Aikido that he sent his top students to train with O'Sensei.

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What Kind of People Train in Aikido

Training in Aikido is very different than training in any other style of martial art. It allows individuals to train with attackers of all different shapes, sizes, age, and levels of physical conditioning in a happy and joyful environment with little or no chance of getting hurt.



Women, especially those who train in Aikido, discover just how easily they can defend themselves against a much larger and stronger attacker. **In fact you will find that Aikido is best suited for women for a variety of reasons.**

How is Aikido different from other Martial Art?

One of the major differences between Aikido and most other popular styles of martial arts being taught today is that other martial arts are taught as a sport with the emphasis on competing in point sparing tournaments. Aikido has always been first and foremost a self-defense combative martial art. In Aikido you don't spare for points or go to tournaments **you learn how to survive!** Self-defense is not a matter of scoring points or winning trophies but of survival, **LIFE and DEATH.** The Aikido techniques you will be taught are strictly used for self-defense/street combat. While learning these techniques you will also gain certain knowledge and experience personal growth and inner peace.

We strongly encourage entire families to train together in our dojo. While serving our tenure at the Lakewood and Morgan Branch YMCAs we had several father and daughter(s) duos training together. Anyone who has a desire to learn Aikido, no matter what gender, size, shape, or physical condition is welcome to join us. **Remember you are the only one responsible for your own personal safety and well being.**

What will I learn in Aikido?

Everyone always seems to ponder that question. Some will even ask it. Everyone comes to Aikido for a different reason and to learn different things. But the real truth is that what you learn from Aikido will be in direct response to the questions you ask, how open your mind is, and the amount of time you spend training. **Kind of a Zen riddle but true!**

You will begin by learning all of your basic Ukemi (falling arts) along with your basic hand and foot movements that will transcend into basic practical common sense self-defense. How to blend with your attacker's energy when they grab, punch, or kick, and much more. However Aikido offers you much more. It

offers you the chance to develop and/or improve your own personal philosophical views on life. It can give you peace of mind, a new positive mental attitude, a better appreciation of the world today, and the joy of helping others.

